



Statistics Report 09286, Pomegranates, raw [a](#)

Report Date: July 01, 2017 00:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca 1	mg	10	3	0.742	9	11	2.0	7.222	13.605	1	Analytical or derived from analytical	--	03/2008
Iron, Fe 1	mg	0.30	3	0.032	0.24	0.35	2.0	0.162	0.439	1	Analytical or derived from analytical	--	03/2008
Magnesium, Mg 1	mg	12	3	1.428	10	15	2.0	6.226	18.514	1	Analytical or derived from analytical	--	03/2008
Phosphorus, P 1	mg	36	3	4.475	27	42	2.0	16.778	55.289	1	Analytical or derived from analytical	--	03/2008
Potassium, K 1	mg	236	3	12.170	212	249	2.0	183.97	288.697	1	Analytical or derived from analytical	--	03/2008
Sodium, Na 1	mg	3	3	0.130	3	3	2.0	2.071	3.189	1	Analytical or derived from analytical	--	03/2008
Zinc, Zn 1	mg	0.35	3	0.033	0.3	0.41	2.0	0.206	0.486	1	Analytical or derived from analytical	--	03/2008
Copper, Cu 1	mg	0.158	3	0.036	0.09	0.21	2.0	0.002	0.313	1	Analytical or derived from analytical	--	03/2008
Manganese, Mn 1	mg	0.119	3	0.014	0.1	0.14	2.0	0.056	0.181	1	Analytical or derived from analytical	--	03/2008
Selenium, Se 1	µg	0.5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2008

Vitamins

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid 1	mg	10.2	3	1.021	8.6	12.1	2.0	5.805	14.595	1	Analytical or derived from analytical	--	03/2008
Thiamin 1	mg	0.067	3	0.007	0.06	0.08	2.0	0.038	0.095	1	Analytical or derived from analytical	--	03/2008
Riboflavin 1	mg	0.053	3	0.003	0.05	0.06	2.0	0.039	0.068	1	Analytical or derived from analytical	--	03/2008
Niacin 1	mg	0.293	3	0.007	0.28	0.3	2.0	0.265	0.322	1	Analytical or derived from analytical	--	03/2008
Pantothenic acid 1	mg	0.377	3	0.012	0.36	0.4	2.0	0.325	0.428	1	Analytical or derived from analytical	--	03/2008
Vitamin B-6 1	mg	0.075	3	0.003	0.07	0.08	2.0	0.063	0.086	1	Analytical or derived from analytical	--	03/2008
Folate, total 1	μg	38	3	11.258	21	60	2.0	-10.007	86.874	1	Analytical or derived from analytical	--	03/2008
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	38	3	11.258	21	60	2.0	-10.007	86.874	1	Analytical or derived from analytical	--	06/2008
Folate, DFE	μg	38	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Choline, total	mg	7.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09442	06/2008
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09442	06/2008
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09442	06/2008
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09442	06/2008
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09442	06/2008
Vitamin E (alpha-tocopherol)	mg	0.60	--	--	--	--	--	--	--	--	Calculated or imputed	09316	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ¹	µg	16.4	3	6.061	5	25.7	2.0	-9.714	42.447	1	Analytical or derived from analytical	--	03/2008
Lipids													
Fatty acids, total saturated ¹	g	0.120	3	0.039	0.07	0.2	2.0	-0.046	0.287	1	Analytical or derived from analytical	--	03/2008
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
12:0	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2012
14:0	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2012
16:0	g	0.070	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2012
18:0	g	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2012
Fatty acids, total monounsaturated ¹	g	0.093	3	0.019	0.06	0.11	2.0	0.011	0.175	1	Analytical or derived from analytical	--	03/2008
16:1 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2012
18:1 undifferentiated	g	0.077	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2012
20:1	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2012
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Fatty acids, total polyunsaturated ¹	g	0.079	3	0.013	0.06	0.1	2.0	0.025	0.133	1	Analytical or derived from analytical	--	03/2008
18:2 undifferentiated	g	0.079	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2012
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Stigmasterol ²	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2008
Campesterol ²	mg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2008
Beta-sitosterol ²	mg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2008
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Flavan-3-ols													
(+)-Catechin ⁴	mg	0.4	--	0	0.4	0.4	--	--	--	--	--	--	--
(-)Epigallocatechin ⁴	mg	0.2	--	0	0.16	0.16	--	--	--	--	--	--	--
(-)Epicatechin ⁴	mg	0.1	--	0	0.08	0.08	--	--	--	--	--	--	--
(-)Epicatechin 3-gallate ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)Epigallocatechin 3-gallate ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin ⁴	mg	0.2	--	0	0.17	0.17	--	--	--	--	--	--	--
Flavones													
Apigenin ⁵	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Luteolin ⁵	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol ⁵	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Myricetin ⁵	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Quercetin ⁵	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Isoflavones													
Daidzein ⁶	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ⁶	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ⁶	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers ³	mg	0.3	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers ³	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

Sources of Data

¹Pom Wonderful Nutrient Composition of California Wonderful Pomegranates, 2007 CA

²M. Kaufman, Z. Wiesman Pomegranate oil analysis with emphasis on MALDI-TOF/MS triacylglycerol fingerprinting, 2007 Journal of Agricultural and Food Chemistry 55 pp.10405-10413

³de Pascual-Teresa, S., Santos-Buelga, C., and Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages, 2000 J. Agric. Food Chem. 48 pp.5331-5337

⁴de Pascual-Teresa, S., Santos-Buelga, C., & Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages., 2000 J. Agric. Food Chem. 48 pp.5331-5337

⁵Lugasi, A. and Hovari, J. Flavonoid glycosides in foods of plant origin II. Fresh and dried fruits., 2002 Acta Alimentaria 31 1 pp.63-71

⁶Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. Daidzein and genistein content of fruits and nuts., 2000 J. Nutr. Biochem. 11 pp.326-331

Footnotes

^a Based on samples of California Wonder variety.